



INDIANAWIC

Chop! Chop!

Try Something New	Did You Know	Mix It Up	Colors!
<p>Pomegranate</p>  <p>Cut this sweet fruit in sections and enjoy the juice and seeds.</p>	<p>Cauliflower</p>  <p>Cauliflower is high in fiber and may be eaten cooked or raw.</p>	<p>Green Beans</p>  <p>Green Beans along with corn make a wonderful side dish.</p>	<p>Banana</p>  <p>Bananas make a great snack anytime of the day. Green bananas turn yellow when ripened.</p>
<p>Mango</p>  <p>This sweet fruit is a cool treat on a warm summer's day.</p>	<p>Orange</p>  <p>Oranges contain Vitamin C which works with iron to build strong blood.</p>	<p>Blueberries</p>  <p>Blend blueberries, raspberries, and milk and enjoy a both tasty and healthy smoothie.</p>	<p>Melon</p>  <p>Melons come in a variety of colors. Try watermelon, honeydew, and cantaloupes.</p>
<p>Eggplant</p>  <p>Eggplant can be baked and served as a main dish.</p>	<p>Avocado</p>  <p>Avocados packed with heart healthy fat.</p>	<p>Apple</p>  <p>Apples along with peanut butter make a fun and nutritious snack!</p>	<p>Bell (Green) Pepper</p>  <p>Peppers come in several colors...green, red, and yellow.</p>

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